ACTIVE OLDER ADULT PROGRAMMING

NORTHWEST FAMILY YMCA | DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please Note: All programs in Blue require online registration at RochesterYMCA.org. Registration opens at 10 am on the third Monday of the prior month.	1 **11 am to Noon** December Birthday Celebration	2 **10 am-12:30 pm** Euchre - Wegman Room	3 **10 am to Noon** Knit/Crochet/ Handcraft Group - Wegman Room	4 **11 am to Noon** Board Games & Puzzles - Lounge **12:45-1:45 pm** Weekend Warrior - Strong Kids Room **Noon to 2:30 pm** Mahjong - Wegman Room
7 **12:45-2 pm** No Bake Holiday Rice Crispy Wreaths - Wegman Room	8	9 **10 am-12:30 pm** Euchre - Wegman Room	10 **10 am to Noon** Knit/Crochet/ Handcraft Group - Wegman Room	11 **10:15-11:15 am** The Art of Henna - Wegman Room **Noon to 2:30 pm** Mahjong - Wegman Room
14 **12:45-1:45 pm** MVPT: Winter Safety - Wegman Room	15 **11:15 am-12:30 pm** Holly Jolly Holiday Bingo Social - Wegman Room	16 **10 am-12:30 pm** Euchre - Wegman Room **11 am to Noon** Alzheimers Association Presents: Responding to Dementia Related Behaviors - Strong Kids Room	17	18 **11 am to Noon** ROC Dog Therapy Dogs - Lounge
21 **10-11 am** Craft: Ornament Making - Wegman Room	22	23 **10 am-12:30 pm** Euchre - Wegman Room	24 **Branch Hours** 5:30 am-3 pm	25 **Merry Christmas!!** Branch Closed
28	29	30 **10 am-12:30 pm** Euchre - Wegman Room	31 **Branch Hours** 5:30 am-5 pm	

Please email Michelle.Bileschi@RochesterYMCA.org with any questions, concerns, or talents!

Notes registration is required.

Join the Active Older Adults at the YMCA of Greater Rochester Facebook Group! Scan the QR code:

ACTIVE OLDER ADULT DESCRIPTIONS

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Arts & Creative Workshops:

Craft: Ornament Making

Join us in the Wegman Room for a change to decorate your own ornament, just in time for the holidays!

The Art of Henna

Add a little creativity and culture to your day! Join us for a fun, hands-on Henna Art experience where you can explore the beauty of this traditional art form and create your own unique designs. Whether you're trying it for the first time or already love henna, it's a great opportunity to express yourself and try something new!

Bite-Sized Learning:

No Bake Holiday Rice Crispy Wreaths

Join us in the Wegman Room to help create a fun and festive no bake treat!

Games & Social Clubs:

Holly Jolly Holiday Bingo Social

Get into the holiday spirit! Enjoy an afternoon of festive fun, friendly competition and plenty of holiday cheer. It's a wonderful way to celebrate the season, connect with friends and shout BINGO!

Special Events & Guest Speakers:

Mt. Hope Chiropractor: Weekend Warrior

Joins us in the Strong kids Room to learn details you can use to help with elbow, knee, hip and back pain from pickleball, golf and other activities.

MVPT: Winter Satefy

Join Monroe Valley Physical Therapy (MVPT) in the Wegman Room for a presentation on winter safety! Learn helpful tips and tricks for shoveling, how to navigate icy surfaces and how to appropriately warm up stiff bodies this time of year.

Alzheimer's Association Presents: Responding to Dementa Related Behaviors

Join us in the Strong Kids Room to learn of common behavior changes and how they are formed of communication, non-medical approaches to behavior and recognizing when additional help is needed.